Dr. Rachel Manber is a behavioral sleep medicine specialist. She specializes in non-drug treatments of sleep problems in adults, youth, children, and infants. She has provided cognitive behavioral therapy (CBT) for patients with insomnia and other sleep disorders for more than 20 years. Dr. Manber has a special interest in the treating patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications.

**CLINICAL FOCUS**
- Cognitive Behavioral Therapy for Insomnia
- Sleep difficulties in children and teens
- Adjustment to CPAP
- Behavioral Sleep Medicine
- Sleep Medicine

**ACADEMIC APPOINTMENTS**
- Professor - Med Center Line, Psychiatry and Behavioral Sciences
- Member, Stanford Neurosciences Institute

**PROFESSIONAL EDUCATION**
- Board Certification: Sleep Medicine, American Board of Sleep Medicine
- Internship: University of Washington School of Medicine (1993) WA
- PhD, University of Arizona, Clinical Psychology (1993)

**COMMUNITY AND INTERNATIONAL WORK**
- Dissemination of CBT for Insomnia

**LINKS**
- Stanford Sleep Health and Insomnia Program: http://insomnia.stanford.edu/
- Insomnia Pregnancy Study: http://med.stanford.edu/pregnancysleepstudy/
Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

1) Insomnia during pregnancy
2) Acupuncture for chronic low back pain

CLINICAL TRIALS

• Stanford Center for Back Pain, Recruiting
• Treatments for Insomnia: Mediators, Moderators and Quality of Life, Recruiting
• Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
• Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
• Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
• Treatment for Insomnia During Pregnancy, Not Recruiting
• TRIAD - Treatment of Insomnia and Depression, Not Recruiting

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor
Elena Davis, Erika Manczak, Nichole Mogharreban

Postdoctoral Research Mentor
Lauren Asamow

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

• Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

• Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms. *Archives of women's mental health*
  Volkovich, E., Tikotzky, L., Manber, R.

• Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans *SLEEP*
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• Treatment Plans and Interventions for Insomnia: A Case Formulation Approach
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• Factors Associated with Clinically Significant Insomnia Among Pregnant Low-Income Latinas *JOURNAL OF WOMENS HEALTH*
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• Dissemination of CBTI to the Non-Sleep Specialist: Protocol Development and Training Issues *JOURNAL OF CLINICAL SLEEP MEDICINE*
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• An e-mail delivered CBT for sleep-health program for college students: effects on sleep quality and depression symptoms. *Journal of clinical sleep medicine*
  Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
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• CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes *JOURNAL OF CLINICAL SLEEP MEDICINE*
  Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.
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• An E-mail Delivered CBT for Sleep-Health Program for College Students: Effects on Sleep Quality and Depression Symptoms *JOURNAL OF CLINICAL SLEEP MEDICINE*
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• Maternal sleep and depressive symptoms Links with infant Negative Affectivity *INFANT BEHAVIOR & DEVELOPMENT*
  Tikotzky, L., Chambers, A. S., Gaylor, E., Manber, R.
  2010; 33 (4): 605-612

• Acupuncture for Depression During Pregnancy A Randomized Controlled Trial *OBSTETRICS AND GYNECOLOGY*
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• Maternal subjective sleep quality and nighttime infant care *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*
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• Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia *SLEEP*
  Manber, R., Edinger, J. D., Gress, J. L., Pedro-Salcedo, M. G., Kuo, T. F., Kalista, T.
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• Depression symptoms during pregnancy *ARCHIVES OF WOMENS MENTAL HEALTH*
  Manber, R., Blasey, C., Allen, J. J.
• Characteristics of insomniacs with self-reported morning and evening chronotypes. *Journal of clinical sleep medicine*
  Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.
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• Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders *CLINICAL PSYCHOLOGY REVIEW*
  Smith, M. T., Huang, M. I., Manber, R.
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• Acupuncture: a promising treatment for depression during *JOURNAL OF AFFECTIVE DISORDERS*
  Manber, R., Schnyer, R. N., Allen, J. J., Rush, A. J., Blasey, C. M.
  2004; 83 (1): 89-95

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  2003; 37 (4): 335-343

• Patient’s therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication *PSYCHOLOGICAL MEDICINE*
  2003; 33 (4): 693-702

• Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study. *Journal of clinical sleep medicine*
  Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S.
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• Efficacy of Cognitive-Behavioral Therapy for Insomnia Combined With Antidepressant Pharmacotherapy in Patients With Comorbid Depression and Insomnia: A Randomized Controlled Trial. *Journal of临床 psychiatry*
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• Beyond the mean: A systematic review on the correlates of daily intraindividual variability of sleep/wake patterns *SLEEP MEDICINE REVIEWS*
  Bei, B., Wiley, J. F., Trinder, J., Manber, R.
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• Convergence in patient-therapist therapeutic alliance ratings and its relation to outcome in chronic depression treatment. *Psychotherapy research*
  2016: 1-15

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  Ong, J. C., Hedeker, D., Wyatt, J. K., Manber, R.
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  Tikotzky, L., Chambers, A. S., Kent, J., Gaylor, E., Manber, R.
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- The Relation Between Changes in Patients’ Interpersonal Impact Messages and Outcome in Treatment for Chronic Depression JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
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- Clinical significance of night-to-night sleep variability in insomnia SLEEP MEDICINE
  Suh, S., Nowakowski, S., Bernert, R. A., Ong, J. C., Siebern, A. T., Dowdle, C. L., Manber, R.
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- Risk for Partner Victimization and Marital Dissatisfaction Among Chronically Depressed Patients JOURNAL OF FAMILY VIOLENCE
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- RELATIONSHIP BETWEEN CHANGES IN SELF-EFFICACY AND DEPRESSION FOLLOWING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA 26th Annual Meeting of the Association-of-Professional-Sleep-Societies (APSS)
  Simpson, N., Nowakowski, S., Siebern, A. T., Manber, R.
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  Schoenfeld, F. B., DeViva, J. C., Manber, R.
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  Ong, J. C., Carde, N. B., Gross, J. J., Manber, R.
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- Social Problem Solving and Depressive Symptoms Over Time: A Randomized Clinical Trial of Cognitive-Behavioral Analysis System of Psychotherapy, Brief Supportive Psychotherapy, and Pharmacotherapy JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
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- New developments in cognitive behavioral therapy as the first-line treatment of insomnia. Psychology research and behavior management
  Siebern, A. T., Manber, R.
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• **CBT FOR INSOMNIA, PERCEPTION OF PAIN INTERFERING WITH SLEEP AND DEPRESSIVE SYMPTOM SEVERITY** 25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
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• **HELPFUL COMPONENTS OF GROUP COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBTI) FOR PATIENTS WHO PERCEIVED PAIN TO INTERFERE WITH SLEEP** 25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
  Suh, S., Dowdle, C. L., WILLET, E. S., Nowakowski, S., Siebern, A. T., Ong, J., Bernert, R. A., Manber, R.
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• **AN OPEN TRIAL OF COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) RESULTS IN SIGNIFICANT POSTTREATMENT REDUCTIONS IN SUICIDAL IDEATION** 25th Anniversary Meeting of the Associated-Professional-Sleep-Societies (APSS)
  Bernert, R. A., Siebern, A. T., Suh, S., Ong, J., Manber, R.
  AMER ACAD SLEEP MEDICINE.2011: A247–A247

• **Prefrontal brain asymmetry and pre-menstrual dysphoric disorder symptomatology** JOURNAL OF AFFECTIVE DISORDERS
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• **Differential Effects of Treatments for Chronic Depression: A Latent Growth Model Reanalysis** JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY
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• **Insomnia and Its Effective Non-pharmacologic Treatment** MEDICAL CLINICS OF NORTH AMERICA
  Siebern, A. T., Manber, R.
  2010; 94 (3): 581-?

• **TITLE: SLEEPLESSNESS DURING PREGNANCY: ESTIMATING THE PREVALENCE OF INSOMNIA**
  Chambers, A. S., Lyell, D. J., Manber, R.
  SPRINGER.2010: 35–35

• **PSYCHOTHERAPIST MINDFULNESS AND THE PSYCHOTHERAPY PROCESS** PSYCHOTHERAPY
  Bruce, N. G., Manber, R., Shapiro, S. L., Constantino, M. J.
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• **Examining maladaptive beliefs about sleep across insomnia patient groups** JOURNAL OF PSYCHOSOMATIC RESEARCH
  Carney, C. E., Edinger, J. D., Morin, C. M., Manber, R., Rybarczyk, B., Stepanski, E. J., Wright, H., Lack, L.
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  Siebern, A. T., Manber, R., Png, C., Bernert, R. A.
  AMER ACAD SLEEP MEDICINE.2010: A223–A223

• **ADHERENCE AND OUTCOME IN CBT FOR INSOMNIA AMONG PATIENTS WITH HIGH AND LOW DEPRESSION SCORES**
  Manber, R., Siebern, A. T., Bernert, R.
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• **Insomnia and Depression: A Multifaceted Interplay** CURRENT PSYCHIATRY REPORTS
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• **Acupuncture for depression during pregnancy** 30th Annual Clinical Meeting of the Society-for-Maternal-Fetal-Medicine
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• **Antenatal recognition of major depressive disorder** 30th Annual Clinical Meeting of the Society-for-Maternal-Fetal-Medicine
  Lyell, D., Chambers, A., Wong, A., Tsai, E., Caughey, A., Manber, R.
  MOSBY-ELSEVIER.2009: S55–S55
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• **PERSISTENT SLEEP DISTURBANCE DURING PREGNANCY PREDICTS REEMERGENCE OF A CORE SYMPTOM OF DEPRESSION IN THE POSTPARTUM** *23rd Annual Meeting of the Associated-Professional-Sleep-Societies (APSS)*
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• **Combining mindfulness meditation with cognitive-behavior therapy for insomnia: A treatment-development study** *20th Annual Meeting of the Associated-Professional-Sleep-Societies*
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  Nir, Y., Huang, M. I., Schnyer, R., Chen, B., Manber, R.
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- **Beliefs about sleep in disorders characterized by sleep and mood disturbance**  *JOURNAL OF PSYCHOSOMATIC RESEARCH*
  Carney, C. E., Edinger, J. D., Manber, R., Garson, C., Segal, Z. V.
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- **Characteristics of Insomniacs with Self-Reported Morning and Evening Chronotypes**  *JOURNAL OF CLINICAL SLEEP MEDICINE*
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  Manber, R., Harvey, A.

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• Sleep disturbance and depression symptom severity in postpartum women *19th Annual Meeting of the Associated-Professional-Sleep-Societies*
  Packard, A. E., Martin-Okada, R., Huang, M. I., Manber, R.
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• Morningness/eveningness and CBT for insomnia *19th Annual Meeting of the Associated-Professional-Sleep-Societies*
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  AMER ACAD SLEEP MEDICINE.2005: A226–A227

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  2004; 72 (4): 681-688

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• The 16-item Quick Inventory of Depressive Symptomatology (QIDS), clinician rating (QIDS-C), and self-report (QIDS-SR): A psychometric evaluation in patients with chronic major depression *BIOLOGICAL PSYCHIATRY*
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